acknowledgments

This document was provided in part by the Centers for Disease Control and Prevention, through the Utah Department of Health Heart Disease and Stroke Prevention Program, grant numbers 93.991 and 93.945.

The contents of this report are solely the responsibilities of the authors and do not represent the opinions of the Centers for Disease Control and Prevention.

The Utah Department of Health, Bureau of Health Promotion would like to thank Karen Nellist, MPH, for organizing, compiling, and writing this report. We also extend thanks to the following individuals for writing or editing sections of this report:

Jess Agraz, MPH
Claudia Bohner, MPH
Amy Bowler, BA
Richard Bullough, PhD
Rachel Cox, RD, CD
Brenda Ralls, PhD
Anna Fondario, MPH
Michael Friedrichs, MS

Catherine Groseclose, BBA LaDene Larsen, RN, BSN Mark Livingston, MS Kathryn Marti, MPH Cobie Spevak, BA Randy Tanner, MPA Shelly Wagstaff, BS

We thank Michael Friedrichs, MS, Shelly Wagstaff, BS, and Karen Nellist, MPH, for analyzing data from the National and Utah Behavioral Risk Factor Surveillance System (BRFSS) and the Youth Risk Behavior Surveillance System (YRBS).

Finally, we thank Amy Bowler, BA, and Celsa Bowman, MPH, for their creativity in designing this report, and Kim Neerings for her review of the report to ensure the accuracy of the data.

Recommended citation: Bureau of Health Promotion. <u>Tipping the Scales Toward a Healthier Population in Utah</u>. Salt Lake City, UT: Utah Department of Health 2005.

For more information or to obtain additional copies of this report contact: Utah Department of Health
Bureau of Health Promotion
PO Box 142107
Salt Lake City, Utah 84114-2107
Phone: 801-538-9193
http://health.utah.gov/obesity

Report published August 2005.

Some images in this document are the copyrighted property of JupiterImages and are being used with permission under license. These images and/or photos may not be copied or downloaded without permission from JupiterImages.

table of contents

Table of Contents	•••••
List of Figures	i
Executive Summary	ii
Introduction	1
Chapter 1: Overweight and Obesity by Age	
Children	
Adolescents	
Adults	
Chapter 2: Overweight and Obesity and Co-Existing Chronic Diseases	
Diabetes	
Hypertension, Stroke, and Heart Disease	
Arthritis	
Asthma	
Cancer	
Violence and Injury Prevention	
Chapter 3: Lifestyle and Genetic Factors	
Diet	
Infancy and Breastfeeding	
Children and Adolescents	
Adults	
Overall	
Physical Activity	
Children	
Adults	
Media Use	
Child Television Viewing	
Adult Television Viewing	
Tobacco Use	
Genetics	
Chapter 4: Systems Issues and Environmental Barriers to Overweight and Obesity Control	
The School Environment	
Competitive Foods and Vending Machines	
Physical Education in Schools	
The Workplace Enviroment	
Meal Consumption Away from Home	
Restaurants, Fast Foods, Convenience Foods, and Portion Sizes	
The Neighborhood Enviroment	
Lack of Active Community Environments (ACEs)	
Chapter 5: Opportunities for Action	
Chapter 6: Examples of Success	
References	
Appendix A: Definition of Obesity and Overweight	
Appendix B: Healthy People 2010 Objectives	
Appendix C: Legacy Gold Medal Miles	
Appendix D: Gold Medal Schools Program	
Appendix E: Worksite Evaluation Form	
Appendix F: Worksite Success Story	
Appendix C. Desources	63

list of figures

Figure 1.	Percentage of Utah Children Who Were Overweight* by Grade and Gender, Utah 2002	3
Figure 2.	Percentage of High School Students Who Were Overweight by Gender, Utah and US 1999, 2001, and 2003	4
Figure 3.	Percentage of Obese Adults, Utah and US 1989-2004	
Figure 4.	Percentage of Overweight or Obese Adults by Gender, Utah 1989-2004	
Figure 5.	Obesity Trends Among Adults, Utah 1993-2004	
Figure 6.	Percentage of Adults With Diabetes by Weight Category, Utah 2004	
Figure 7.	Adult Diabetes and Obesity Prevalence Over Time, Utah and US 1989-2004	
Figure 8.	Percentage of Adults With High Cholesterol or High Blood Pressure by Weight Category, Utah 2001-2003	.10
Figure 9.	Percentage of Adults with Angina, Heart Attack, or Stroke by Weight Category, Utah 2001-2003	11
Figure 10.	Percentage of Adults with Doctor Diagnosed Arthritis by Gender and Weight Category, Utah 2002-2003	11
Figure 11.	Percentage of Adults with Doctor Diagnosed Arthritis by Age and Weight Category, Utah 2003	12
Figure 12.	Percentage of Adults with Asthma by Weight Category, Utah 2002-2004	12
Figure 13.	Percentage of Adults with Asthma Who Met the Physical Activity Guidelines by Weight Category; Utah 2001 and 2003	13
Figure 14.	Mortality Risk from Any Cancer by Gender and Weight Category, US 1982-1998	13
Figure 15.	Percentage of Adults Who Wear Seatbelts "Sometimes, Seldom, or Never" by Weight Category, Utah 2002	15
Figure 16.	Trends in Breastfeeding Children Less Than 5 Years of Age, Utah 1993-2002	18
Figure 17.	Milk and Carbonated Soft Drink Consumption by Year, US 1953-2003	. 19
Figure 18.	Percentage of High School Students Who Ate Five or More Servings of Fruits or Vegetables a Day by Grade and Year, Utah 1999, 2001, and 2003	. 19
Figure 19.	Percentage of Adults Who Ate Five or More Servings of Fruits or Vegetables a Day by Gender and Weight Category, Utah 2003	20
Figure 20.	Cheese Consumption by Year, US 1913-2002	21
_	Percentage of Meals/Snacks Eaten Either at Home or Away from Home, US 1977-1995 Percentage of High School Students Who Did Not Participate in Appropriate Physical	
Figure 23.	Activity for the Past Seven Days by Grade, Utah 1999, 2001, and 2003 Percentage of Adults Not Getting the Recommended Amount of Physical Activity by Age and Gender, Utah 2001 and 2003	
Figure 24.	Percentage of High School Students Who Watch Three or More Hours of Television per Day on an Average School Day by Gender, Utah and US 1999, 2001, and 2003	
Figure 25.	Percentage of Adults Who Were Overweight or Obese by Smoking Status, Utah 2004	.25
Figure 26.	Percentage of Schools that Require Physical Education by Grade, US 2000	.27
Figure 27.	Percentage of Schools with Vending Machines, Utah 2002	.28
Figure 28.	Examples of Increased Portion Sizes	.33